



Asking Exercise

First, ways to respond: Yes, no, explanation, none, curt, alternative, apology...

1. In twos or threes, think of a time or situation in which you need or needed help.

2. Person One:

a. Ask clearly for what you want (can be big thing, can be little & inconsequential – you can experiment with asking "nicely" and not)

b. Wait for the answer from your partner, and pay attention to how it feels

3. Person Two:

a. Answer the question, first with a "yes"

b. Take just a moment: how did that feel

c. Then have your partner ask again and answer with a "no"

d. How did that feel from each side?

4. Switch sides & repeat:

a. Think about how it feels to say & hear each

b. Did it matter how the question was asked? What answer was given?

- Ask for silly things: "Can I borrow your nose?"
- Ask for big things: "Would you go camping with me this weekend?"
- Ask for little things: "Could I take your backpack with me camping?"
- Ask for real or make-believe things
- See what it's like to say "yes"; to say "no"; to hear "yes", to hear "no"
- Try different ways of saying each – nicely, not nicely.
- Play with it ----- and you'll get better!



Asking Exercise

Published on Personal Safety Nets (<https://personalsafetynets.com>)

[Download PDF for Printing](#) [1]

[CONTACT US](#)

Unless otherwise indicated, all content on this site is licensed under a [Creative Commons 3.0 US License](#).

Source URL: <https://personalsafetynets.com/content/asking-exercise>

Links

[1] https://personalsafetynets.com/sites/default/files/asking_exercise.pdf